



US Army Corps
of Engineers
Galveston District

The Sand Castle

"A newsletter by and for the employees of the Galveston District"



*On the Cover: Col. Waterworth at the naming of bird island; story on page 6.
Right: Linda Shead, director of Galveston Bay Foundation, signs in at the Pasadena convention center for the Bayport Terminal workshop; story on page 5.*



The Sand Castle

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*A newsletter for and by
the employees of the
Galveston District*

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COMMANDER'S COLUMN

The holidays are quickly approaching and we will soon be facing a new year. When I haven't been deployed away from home, I have always found it a great time of year to think back over the past year and to anticipate what will happen in the next year.

First and foremost, I love being your DE! Great people, who know their job and want to be part of a successful team. Great Work, that has such an impact on national and local prosperity while doing it with an environmental balance, and a Great Location. I have worked in some nasty places, where the coffee stains on the carpet had more service time then I did, where my view was a brick wall not the gulf. I don't even want to count the days, weeks and months that I have been away from Cheryl. SO, when I tell you how thankful I am to be here and part of TEAM Galveston, Believe it.

I completed my first 90 days as your DE the first week in November. During that time I have learned a tremendous amount about the district. The amount of work that we do with such a small organization is amazing. I have learned that if everyone does not do their part and help those around them do their part we will not continue to enjoy the success we have had. In other words, **EVERYONE has to give 110%.**

I have also identified some of the challenges that we must tackle in the Long and Near terms to build on our past successes. I will be discussing these issues in this article every month, just to keep you informed. Long term - I see some disturbing trends that will occur in 4-5 years. As most of you know we have two or three big projects nearing completion. These large projects provided long-term stability for the district. So how do we transition, what projects will replace them, and do we replace them? Our long-term work load is also a question I am concerned about. Another trend is how does the district sustain the work force in the next 10 years. The average age in the Corps is 48 years old. Many of these employees will retire at 55. How do we manage the work load and the work force to sustain success?

There are many other Long term issues that I am driving division chiefs crazy with. Like how do we perform Operations and Maintenance (O&M) with the dollars we have? How will we execute the Project Management Business Plan (PMBP) and (P2)? How do we become better neighbors and community members? **What can we do now to provide for the long term success of our people and our organization?** But I'll talk more on that in the upcoming months.

Near term - I am concerned about our internal relationships and communications. Are we doing sufficient coaching, mentoring and development? Why don't we all have Individual Development Plans? How do we have individual career progression in a small district with limited upward mobility in most specialties? Is everyone being counseled and coached for success? **This is hard stuff that makes people and organizations successful.**

As I walk the cubicles I recently asked questions on BG Melchers letter on command philosophy. I ask if people have read the letter and if the first line supervisor has discussed the letter with them. Much to my disappointment, many people did not take the time to read and understand the letter. On the other hand there are people that jumped all over his letter and challenged me to implement specific issues in Team Galveston. Got it, I've been coached by a few of you and I'll work it. Talk to your supervisor and express your thoughts or drop me a note on what you think of internal communications.

As you can see I am going to focus on long term success, because you are doing a great job in your daily activity. As I work on long term success, I want to see Team Galveston as vibrant in 10 years as it is today. I want people fighting to work in Galveston because of the impact Galveston has on the nation and local economy and environment. I want to see former Galveston employees in leadership positions throughout the Corps. I want you to be successful. What I want you to do is to improve internal communication between you and your supervisors. Talk about your expectations and understand what your supervisor's expectations are, and understand how you can help each other reach success.

I hope everyone enjoyed the Thanksgiving holiday and remembered to be thankful for all the riches we have received throughout the year. We here in the Galveston District have a lot to be thankful for! --
LDW



Col. Leonard D. Waterworth

H E A D Q U A R T E R ' S

The holiday season is traditionally a time to pause and reflect on the past year, and the challenges of the coming year. I'm sure you will all agree that this past year has given us a lot to think about. And we have much to be thankful for, both as an organization and as individuals.

I am personally thankful that no Corps employees were lost during the terrible attacks on Sept. 11. And I am thankful to have the opportunity to lead our great organization with some of the finest people in the U.S. government. You all proved that this past year, and I am very proud of you.

Although the terrorist attacks are foremost in our minds, they were not the only emergency operations we faced in 2001. After an ice storm in Oklahoma last Christmas, our employees cleaned up tree debris at their projects, often working without electricity, phones, or water. Additionally, Tulsa District delivered 250,000 gallons of water to stricken counties.

Seattle District rode out a magnitude 6.8 earthquake, then went into immediate action in support of the Federal Emergency Management Agency (FEMA), and to assess the integrity of Corps projects in the area.

We took part in a flood-fight last spring in the upper Midwest. We distributed 3.2 million sandbags to local communities, and Corps emergency work (mostly levee building) prevented more than \$50 million in damage to North Dakota and Minnesota cities.

Corps personnel responded to Tropical Storm Allison. They supplied emergency power, temporary housing, debris removal and monitoring, distributed 100,000 sandbags, and provided utility hook-ups for 950 temporary housing trailers.

All that, plus our normal work-load — supporting Army Transformation, environmental restoration at military and civil works sites, research and development, building housing and other facilities for the Air Force and Army, civil works projects throughout the country, and support for others, just to name a few.

But the terrorist attacks on the World Trade Center and the Pentagon have dominated our thinking and emotions. I'm enormously proud of the work we did on Sept. 11 and the days following.

At both the World Trade Center and the Pentagon, we had people on the ground in less than two hours assessing the situation and lending assistance. We had literally thousands of volunteers to help in New York, and the city welcomed the work they did through FEMA — structural response, temporary power, debris removal, and more.

The Corps' response to the terrorist attacks was tremendous, and I couldn't be more proud of you all. But work that intense takes a lot out of you, plus the uncertainties of the war against terrorism and what the future holds adds additional strain.

I would appreciate it if everyone would take extra care of each other in the coming year. There is no one better able to assess how people are feeling than those around them. Look each other in the eye now and then and earnestly ask, "How's it going?" Then listen and help each other.

Our entire country seems to be drawing closer together and reaching out to help others, a little more aware of what's important in life, and of our need for each other. If we in the Corps of Engineers continue to be thankful for our blessings, and keep reaching out to one another, we will be more than ready to tackle the challenges that next year will bring.

My family joins me in wishing you a safe and joyous holiday season, and a happy, exciting New Year. Take some well-deserved time off, relax, and enjoy being with your family and friends. Essayons!



*Lieutenant General
Robert B. Flowers*

Attendance is disappointing for first Bayport Terminal workshop

November's wet weather could have played a factor in the low attendance at the U.S. Army Corps of Engineers' public work shop concerning the Bayport Terminal. "It was either the weather or people aren't as concerned as we thought they were," said Col. Len Waterworth, District Engineer for the Corps' Galveston District.

The workshop, which was held Nov. 29 in the Pasadena Convention Center from 5:00 pm till

8:00 pm, was to give the community an opportunity to ask questions about the permit request from the Port of Houston to construct a terminal in the Bay Port area. Displays were set up to show what the terminal would look like, along with large exhibits of the executive summary of the Draft Environmental Impact Statement released by the Corps on November 12.

The workshop also provided an avenue for interested parties to leave written comments to be



Col. Waterworth speaks to the Port of Houston authority and contractors.



An almost empty convention center.

considered by the Corps before the final decision is made.

"We were really disappointed that more people didn't show up but maybe they will take advantage of the next workshop which is scheduled for December 4 at the same place," commented Waterworth.

The Corps has also scheduled a workshop on December 12 from 5:00 pm till 7:00 pm with a public hearing to follow in the George Brown Convention Center. The

convention center was selected because it is large enough to hold the expected attendance for the public hearing.

Copies of the draft environmental impact statement can be obtained from the Corps of Engineers by calling (409) 766-6340 and leaving your name and address. A copy of the Executive Summary or a CD containing the entire six-volume tract may be obtained free. For a hard copy of the DEIS, a charge of \$190.96 is being made.

P R O J E C T S

Pearland Fourth Grader Charts New Territory With Jose de Evia *Ally Levy gives new Galveston Bay island an old name*

by Tiffany Heikkila of Hill and Knowlton

When the Port of Houston Authority and the U.S. Army Corps of Engineers asked local elementary school students to name a newly created island in Galveston Bay, the last thing they expected was to get a history lesson from a 9-year-old. But that's exactly what they got from Ally Levy, a fourth-grade student at Silverlake Elementary in Pearland.

Levy's entry, "Evia Island", won the grand prize in the contest and is now officially the name of the newest island in

Galveston Bay. The contest, initiated by the Port of Houston Authority and the Corps of Engineers, called on local elementary school students to submit names and a brief explanation of why the island should bear the name they chose.

"The Port and the Corps wanted to create an incentive for children to study about wetlands and other wildlife habitats, and we feel that the contest really sparked an interest in them," said Port Com-

missioner James Edmonds. "We're extremely impressed with the caliber of research these students did and the scientific, cultural and histori-

cal lessons they've obviously learned," said Col. Leonard Waterworth of the Galveston District Corps of Engineers.

Levy submitted Evia Island to give recognition to Jose de Evia, the Spaniard who charted the Gulf of Mexico in 1786. During his efforts, Evia mapped an area near the mouth of a river and



Col. Waterworth presents Ally with a Galveston District's commander's coin.

then named it Galveston in honor of his superior Spanish colonial governor and general, Bernardo de Galvez. The island and city later took the name, although Galvez never actually set foot on either.

Evia Island, as it is now called, is a thriving bird refuge and habitat today, but was a mere idea a decade ago when the Port Authority and the Corps of Engineers commissioned the Beneficial Uses Group (BUG) to determine environmentally



Ally Levy looks at the aerial photo of now Evia Island.

sound uses for millions of yards of materials dredged during the Houston-Galveston Navigation Channel expansion project. Members ultimately resolved to construct more than 4,200-acres of wetlands in Galveston Bay using material dredged from the Ship Channel, which will replace some of the 30,000 acres of wetlands that have been lost there over the past five decades.

Evia Island, which received its first native-born residents this summer including brown pelicans, royal terns, sandwich terns and black skimmers, was part of the BUG's plan and is the first completed facet of the project. Because of the success of the Island Naming Contest, the Port and the Corps are considering having students name

other wetland formations created throughout the 50-year project.

Finalists in the Island Naming Contest include second-place winner, Santuario de Pajaros (Sanctuary of Birds), submitted by a 5th grade class at Winship Elementary, and third-place winner, Aviary Island, submitted by C.D. Landolt Elementary.

The Beneficial Uses Group formed in 1990 as a subcommittee of the Interagency Coordination Team, and is to determine environmentally responsible uses for materials dredged during the expansion of the Houston-Galveston Navigation Channel. The project will create more than 4,200 acres of marsh in Galveston Bay over the next 50 years.

Col. Waterworth is worthy of Galveston District

In an interview with the public affairs office, Col. Waterworth makes it easy for employees to become better acquainted with him, his philosophies and views on O&M, and what he promised our former commander, Col. Buechler he would not do.

1

Question: Coming to Galveston District, what do you identify as your greatest challenges and how do you approach them?

Waterworth: Galveston District has to understand that the first couple of months will be devoted to getting to know and grow relationships with the employees, customers and sponsors that make up the district. However, as the district engineer, I am here to see that we have long-term success not only in our projects, but also in our infrastructure. One of my first focuses is O&M and its budget. The Gulf Intracoastal Waterway, for example, will

always need maintenance, and you need dollars to do that. My concern is that they may or may not be there in the future and that is something that I am going to work on. I have already had an opportunity to talk to several congressmen, such as Congressmen Nick Lampson and Ron Paul, along with other representatives and have stressed its importance.

2

Question: This being your first all-civilian workforce, how are you adjusting? And what are the differences?

Waterworth: I have had no problems working with an all-civilian work force. If anything, I have found that there is more similarities between the two (military and civilian work forces) than differences. People are people, their will always be issues and everyone wants to do a good job. Everyone wants to feel like they are contributing to a greater good. What I find interesting about this district is that I don't see the rotation like you see in a military organization or a federal organization in Washington, D.C. And in such organizations, people that work there will not be there when you leave; however, with



Col. Waterworth with Congressman Nick Lampson pose for a photo.



Talking with contractors and members of the Port of Houston Authority at the first Bayport workshop.

Galveston District, people enjoy it here so much and like what they do, they don't leave. This causes an unique issue: it is hard for an employee to work up to a higher position, when nobody is leaving in front you, along with the fact that people are working longer. These are the kind of issues that make the differences between the two workforces.

3

Question: You made a comment that people are working longer than before at the district, we have several employees, who entered the Corps in the late 60's and early 70's. So retiring is very possible in the near future for these employees, in particular, supervisors. Galveston District in the next five to eight years will almost have new management - this asking the question of, who is taking their place?

Waterworth: Exactly, what you just identified is my number two priority. What I see is that we have an aging workforce that is approaching retirement, making the issue of how to eliminate the age gap. Our first generation of employees, some considered "baby boomers" are in their 40's and 50's. There is no second generation, and unfortunately, you cannot fill that void very quickly. It makes us look at the third generation, the 20 and 30-year-olds, and give them the opportunities for training and experience that they will need. These are the people that will be moving up very quickly into the leadership

positions. I believe this to be one of my greatest challenges.

4

Question: On the issue of employees, many of them have noticed how you have been walking around, observing as you might say . . . is this to see the morale of the district or do you just like walking?

"You have to realize that for a military officer this is not a job, this is an organization that we take command of, almost like a loved one, a family."

Waterworth: I love walking around . . . why, what have your hears? No, seriously, I want my employees to feel comfortable with me. By my walking around, I am developing a relationship with them, which will in turn enable them to talk to me more freely and openly. Just the other day, I walked into an employee's cubicle, sat down and asked them how they were doing -- of course, their first reaction was shock. Then I start talking about something that has nothing to do with the business, and that employee starts to relax and a

conversation will begin. You can't have a successful organization sitting around in your office all day. Galveston doesn't need me to be a technical district engineer, I have a whole building of smart people, they need me to have a full understanding of the environment and to keep guiding them in hopefully the right direction. As far as the morale goes, in general, speaking of the entire district, I would say the morale is very good and the morale for the busiest employees is exceptional. People that are engaged in projects and activities that benefit the entire district are wonderful. My concern is that there is a small group of people that do not have the morale that I would like to see. I think this group of people is frustrated because they don't see a way of moving up from the positions where they are and as the DE, I am trying to find ways where this energy can be used in a more productive way with a more beneficial outcome. Col. Buechler had a plan where you would rotate people throughout the organization to give them different experiences. I would like to continue with that, I think it would benefit the Corps and the individual. I can't make everyone a GS-15. It would be nice, but I just can't make that happen.

5

Question: For employees benefit, what are your views on the open door policy?

continue on next page...

Waterworth: I currently have an open door policy. I am accessible and encourage employees to come talk to me on whatever issues they may have. I have an interest in what is going on in people's lives and how to improve our environment and projects for the good of Galveston District.

6

Question: Have Galveston District employees met your expectations?

Waterworth: My expectations of employees are the technical expertise that I have already seen. I could have not asked for a smarter group of people. So, in that way, those expectations have been exceeded. I have also been impressed by the way we engage people outside of the district. Nothing brings me greater pride than seeing people coming in the PRB to see how we operate.

7

Question: While in command, Col. Buechler stressed to "work hard, have fun and enjoy life." What are your thoughts on that?

Waterworth: I agree. Lt. Gen. Flowers has even stressed that. I have always had fun everywhere I've gone and I have been at places where you would never expect to have fun. You have to have fun with what you are doing and you also need a sense of working for the greater good. For those employees that are strictly working for themselves,

they will never be happy and those are not the kind of employees that we want here. The only thing I would add to Nick's philosophy is to be professional. Fortunately most of the people I see here are.

8

Question: Describe your methods of leadership.

Waterworth: I am essentially a hands-off individual. If you show professional competence and conduct, and you grasp the situation, then you will have my support and confidence from the very first day. If anyone is having issues, I am here to help. Some people will interpret a "hands-off" attitude as not caring and not participating, but that is why I walk around and I like to spend time talking to people. You do not need the DE in your business. You are good at what you do and so I let people do their job. You don't need another engineer; you need someone who is looking towards the future and that is what I am focusing on.

9

Question: Also of concern to the employees is the security issue, what else can Galveston District expect besides wearing badges?

Waterworth: I think what the district will see is a more established security for a federal installation. We have the barricade up and increased the number of contract security guards. Unfortunately, these changes cost

money and we are trying to find ways to reduce these costs, but still keep everyone safe. We are in the process of placing the finishing touches on the electronic gate. We are looking into placing gates in the parking garage. However, I can tell you, that we need to keep badges, along with a central location to come in and out of the building - as long as I am commander, we will. In America, we have been very blessed that we have oceans on both sides of us and our own personal security has not been threatened till 9-11. But after living almost ten years overseas, I know the rest of the world has lived with security. I have been in areas where terrorism is very much alive - I have seen an Army officer stabbed and a car bombing in front of a 30-story Hilton, all acts of terrorism. So, things are going to change and as DE one of my responsibilities is the safety of my employees. I take that seriously.

10

Question: You have participated in the largest contract (\$89 million) ever to be awarded by Galveston District. This contract along with three others will complete the Houston-Galveston Project. How do you feel this type and size of work affects the Galveston District?

Waterworth: I am tickled to death. This will give the Galveston District a significant amount of work for a long time, but my first thought was not how it affects

Galveston, but how it effects the nation. The Houston Ship Channel is critical to the nation's economy and our national prosperity and that is why Congress authorized that kind of money. In fact, everything that we do in Galveston – all of our water projects have something to do with our national prosperity along with balancing prosperity with the environment.

11

Question: You have spoken about Operations and Maintenance (O&M) on several occasions and the concerns that you have. O&M funding has increased over the last ten years, do you foresee this trend continuing?

Waterworth: If I have anything to do with it, yes, and you must begin with its infrastructure. We have two options, we either replace the infrastructure or recapitalize it. When I say, recapitalize the infrastructure, I am talking about placing money in the locks, canals and dams to make sure it sustains its capability for a longer design life. By doing nothing at all, the infrastructure will just deteriorate. O&M has had modest increases; we are talking an aging infrastructure, which means dollars have to be applied to it. Congress is very interested in new projects and I don't think they are as interested in O&M as they are in new projects. Part of my job is to make sure that people that make the decisions on money understand the importance of having a



The commander with Fred Anthamatten and Dolan Dunn.

fully funded O&M budget.

12

Question: Operations Division has gone through reorganizations, cuts, and name changes in the last ten years. Do you foresee a possible growth in this division?

Waterworth: Well, maybe. My mission is to make people understand the importance of O&M. If people understand that, then maybe Congress will prioritize resources towards it.

13

Question: Before you took command in August, there were several weeks that you overlapped with our former commander. Was there any advice that Col. Buechler gave you that you would like to share?

Waterworth: Nick was the most gracious host that I ever had in a change of command. You have to realize that for a military this is not a job, this is an organization that

we take command of, almost like a loved one, a family. As commanders and district engineers, we put so much time and effort into it. We are always thinking how to make the organization better and how to satisfy people's need, not only your employees, but also your customers and contractors. So, when you mention Galveston District, I feel that Nick Buechler felt people were like part of his family. One of the things that I promised Nick was not to have any immediate drastic changes because the organization works well.

Galveston has been recognized by the chief of engineers as one of our seven districts that performs well with its customers. Nick asked me to make sure that I continue with the ICT process and to make sure that I let employees do their jobs. I think if I follow his advice, I will have success with this district, just like he did.

Galveston District Welcomes Its Newest Employees



Pramod J. Desai, hired as a structural engineer for the geo-tech engineering section, has a degree in civil engineering from Sardar Patel University in Anand, India. He earned his master's degree from the University of Ohio, Akron in 1970. He began work at Corpus Christi Army Depot in 1984, his first government job. He and his wife, Madhuri have two children and four grandchildren.



Tom Israel, hired on Nov. 19 as an engineering intern on a rotating training schedule for the project engineering section. Originally, from Florida, he moved to Texas his senior year in high school. He is a graduate of Texas A&M University in Galveston, class of '99, with a degree in maritime systems engineering. Before coming to the Corps, he was a project manager for Apache Telecom.



Jose Castro-Rivera, hired on Nov. 19 as an engineering intern on a rotating training schedule for the project engineering section. He is a graduate from the University of Puerto Rico, majoring in civil engineering. He and his wife have a three-year-old little girl, Karennia.

District participates in Bay Day

Over a thousand visitors made their way to Sylvan Park in LaPorte, Texas for Bay Day on October 21st for the celebration, which included dozens of information booths in addition to musical entertainment.

Visitors could also enjoy re-enactment's of gunfights on Galveston Bay, a stimulated oil spill clean-up, a petting zoo, and a catamaran regatta.

Shopping enthusiasts could visit the Mariner's Market, which offered a wide variety of arts and crafts, along with fingerpainting t-shirts. Galveston District's Kris Brown and Michele Castelline participated in the celebration, along with former public affairs co-op, Jenny Magill, Kris Brown's daughter.



Addicks and Barker ranger, Kris Brown, talks to residents on water safety.

Southern Area Office...one big happy family, celebrates Thanksgiving



Mr and Mrs. Eljio Garza



Tom Portaritis



Andrew Smith



Delia Reyes and Deloris Greenwood



Abel De Leon



Larry and Mary Jane Ramos



Alex Cadena



Deloris Greenwood with guest



Luis Rodriguez



Regulatory Office

Nine ways to travel smart this holiday season

This year, holiday travel is all about finding ways to save time and beat stress. That's especially important now, with reduced flight schedules, baggage restrictions, limits on where you can park, and closer scrutiny at security checkpoints making things tougher than usual for travelers. Here are nine tips to help make your air travel go more smoothly.

Check your carry-on bag

Make sure there are no sharp objects inside and that you can remove your laptop easily. (Most airports now require you to put your laptop through a scanner separately from other luggage, and you may be asked to turn it on.) With increased scrutiny now in practice, security checkpoints can easily get backed up, so speeding through is in everyone's interests. Remember, under new FAA rules you are only allowed one carry-on bag and one personal item, such as a purse.

Don't carry any wrapped gifts

You may be asked to unwrap them. And who needs the hassle? Send them ahead via a

shipping service. If you go away for the holidays and receive gifts, send them back, as well.

Travel light

With all the extra traffic and cargo, the airlines' lost-luggage percentage increases during the holiday periods. Packing fewer bags improves your odds, and means you'll be less frazzled from hauling armloads of suitcases around the airport. Like your holiday gifts, you may want to consider using an express service such as UPS or FedEx and sending some luggage in advance if you have a lot.

Take public transportation to and from the airport

Now, more than any other year, private cars at airports are discouraged. Los Angeles's airport, for example, has gone so far as restricting cars from dropping off and picking up passengers at terminals. And at other major airports around the county, some parking areas close to terminals have been reduced or closed entirely.

Research alternate flights

Leaving aside the usual, seasonal delays due to bad weather, this year airlines are routinely canceling flights out of economic considerations. It's smart to plan ahead for this possibility.

Choose your travel days carefully

It's hard to generalize about the best day to travel, but Saturdays, Sundays, and Mondays often see the lightest air traffic. That said, based on past holiday seasons, you can expect the



A three-year-old rests her head on her luggage as she waits in line at a airline ticket counter with her mother.

weekend before Christmas (and the preceding Thursday and Friday) to be pretty busy this year. Historically, the Tuesday and Wednesday before Thanksgiving also get quite heavy air traffic. If you want to avoid crowded airports and planes, try to book your flights around those days if you can.

Regardless of what day of the week you fly, leaving early in the morning—before back-ups can bog down the system—has always been a smart tactic.



Airline employee checks passenger tickets and ids as they enter the terminal.

Take your own food

Meal service on domestic flights is a memory on many short-haul flights. Even on five-hour, non-stop, transcontinental flights, your meal may only be a box with an apple, two crackers, a piece of cheese, and a chocolate-chip cookie. Treat yourself by unwrapping your own meal of paté, cheese, fresh fruit, perhaps a good deli sandwich, and a fruit tart.

Join an airline club

Not only can it be a relaxing hideaway in a busy airport, you'll often receive preferential (and quick) treatment in matters of ticketing, seat assignments, and upgrades. If you're a business traveler, you may be able to put it on your expense account or deduct the cost from your taxes. One caveat is that a number of clubs have closed since September.

Choose a less busy airport

These days, smaller airports are good airports. You'll zip through Burbank, Ontario, and Long Beach airports a lot faster than LAX. Midway beats O'Hare. You may even save money, as some low-cost carriers favor less-busy airports like Providence, Rhode Island, or Manchester, New Hampshire, instead of Boston's Logan.

What you can and can't pack

Those items now considered acceptable to pack in your carry-on baggage include walking canes, nail clippers, safety razors (including disposable razors), tweezers, umbrellas, and eyelash curlers. Needles or syringes for medicinal purposes are permitted, but must have the manufacturer's and/or pharmaceutical label attached.

These items will not be allowed in carry-on bags:

- Knives of any kind
- Cutting instruments of any kind and composition (including box cutters, straight razors, elongated scissors, etc.)
- Corkscrews
- Baseball or softball bats
- Golf clubs
- Pool cues
- Ski poles
- Hockey sticks

If in doubt about an item, the FAA is advising passengers to put the item in checked baggage. Air travelers should also note that all electronic devices, such as cellular phones and laptops, may be subject to more stringent screening at security checkpoints.

The Power of PEPPERS

by Tracy Orr

A few years ago when I was a college student (okay, quite a few years ago!), some friends and I decided to have dinner at a well-known student hangout on the campus of University of Illinois in Champaign/Urbana, Ill.

The specialty of the house was, and as far as I know still is, homemade tacos (yes, good tacos do exist in the Midwest).

Better yet, however, was the taco sauce! The sauce, also home-made, was available in a variety of potencies, depending on the amount of chile peppers it contained. There were five sauces, including “mild,” “hot,” “very hot,” “extremely hot,” and “hotter than hot.”



Being an individual with a love of very hot and spicy foods, I chose the “hotter than hot” sauce for my tacos. As I liberally spooned the sauce over my two large tacos, the restaurant manager’s eyes got larger and larger. When I ordered a large soft drink to go with my meal, he gave me a pitcher “on the house.”



In retrospect, I should have registered the look in his eyes as he headed to the kitchen. His parting words were, “I certainly hope that you know what you are doing!” However, because I was too distracted by the delicious smell of the tacos and the good company of my

friends, I ignored his telltale warnings. Instead, I picked up a taco and carelessly took an extremely large bite. I chewed it ravenously and swallowed it down.

As I prepared to take a second bite, the fire in my mouth ignited! It shot through me like a flaming stinger missile. If I remember correctly, I gasped once before my throat closed in agony, burning in pain so severe it seemed I’d swallowed its gasoline! I was speechless (a first). Blood rushed to my face so fast that I thought my skin would explode. Through blurry, bloodshot eyes, I caught the manager’s eye. “Hot?” he said without expression.



A desperate man, I grabbed my drink and began to gulp it savagely. I jerked my head back and the cold liquid raced down my throat. Unfortunately, the burning did not stop, or for that matter, even diminish.

My chin wet with soda, I rounded my lips and blew as hard as possible. I even closed my eyes and attempted to meditate the pain, but nothing worked. Defeated, I slumped back in my chair, my mouth, throat, and stomach on fire! For all practical purposes, I was “stoned” from the heat of the chile peppers.



Stoned? Yes, and pleasantly so. You see,

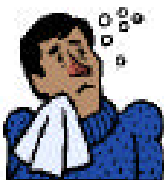
there is a secret to chiles. One does not eat chile peppers because he or she likes the sensation of mucous membranes being seared raw. On the contrary, chile lovers like the wicked little vegetables because they cause the brain to produce “endorphins,” morphine-like substances that significantly alter your mental state. The hot sauce that I had consumed was fiery enough to produce bucketful of endorphins, and I was impressively high.

Spaced out on my body’s natural opiates, I sat back and waited for the heat in my mouth, throat, and stomach to subside.

Then, I did the only “macho” thing I could do, I took another bite! Face beet red and throbbing, tears running down my face, and the blood in my ears pounding like a drum (not to mention my friends laughing hysterically), I slowly finished my incendiary meal. Believe me, it was an experience that I will never forget.

At any rate, that is part of what a good dose of chilies can do for you. However, that’s not all. Eating peppers is also good for helping lose weight, fighting colds, and avoiding ulcers. Let’s examine some of the reasons your body loves chile peppers.

The compound that makes chile peppers hot is also a natural decongestant. Capsaicin helps bodily fluids flow better and can help you breathe



better when you are ill. Furthermore, believe it or not, your stomach loves chiles. Studies have shown that people who ate the most chiles also had the

fewest ulcers!

Chiles can also improve your digestion of food. Capsaicin stimulates the production of saliva, which can help fight flatulence, dry mouth, and stomach cramps, and can relieve indigestion.

In addition, chiles can help make you skinny. Canadian researchers found that people who ate chile peppers stayed fuller longer and ate significantly less during their next meal than people who ate foods without chile peppers.

Research also suggests that in small doses, chiles can make you more alert. A study conducted in Great Britain determined that eating chile peppers caused a significant increase in nervous system activity.

Chiles can also relieve toothache. The fire you feel from eating chiles can cause temporarily numb tooth pain.



Finally, chile peppers may help fight heart disease and cancer. Research has shown that the



high levels of antioxidants and vitamins in chiles can slow or prevent the growth of cancerous cells. There’s also preliminary data that suggests capsaicin can help lower cholesterol levels and reduce blood clotting.

The bottom line is that one of the healthiest foods you can pile on your plate just might be a chile pepper. Enjoy – ah, ooh, yow!!



Birthdays

Dolan Dunn - 5 November
Eugene Patterson - 13 November
David Hoth - 25 November
Denise Sloan - 26 November

Corps Outreach

On Saturday, Nov. 10, 2001, Danny Wyatt organized "Water Safety Day" at Lakewood Yacht Club. The program consisted of courtesy vessel examinations, seminars on the latest safety gear, rules of the road, prevention of hypothermia, prevention of loss of night vision, fire extinguisher examination, and a flare discharge session.

Get Well Soon

Carlton Brown, Regulatory has been in the ICU at UTMB for almost two months now. Most recently, he's shown some improvement, to the point that they're weaning him off the respirator and he's now conscious. He's still not 100% aware of all that he's been through, but according to Kerry Stanley, he's finally showing good signs of some recovery. He's improved enough that they are going to move him to a hospital in Houston for recuperation and recovery. Please keep him and his family in your thoughts and prayers!



Congrats

Broc Adams, son of Leigh Ann Kahla, Project Engineering, was featured in *The Galveston Daily News* in the homecoming court for Galveston Ball High School.

Wedding Bells

Michael Anderson, son of Carl Anderson in Project Management, was married to Mary Payne of Galveston on Saturday, September 29, 2001. The couple will reside in Denton, TX where Michael is a stock broker and Mary is a student at the University of North Texas.

Retiree Updates: Ken Bonham and Ernie Wittig



Retired public affairs chief, Ken Bonham and wife, Caroyln have recently returned from Ken's school reunion in India. Pictured on the left are Ken and Caroyln in front of the Taj Mahal.

Another retiree that has return home is retired engineer Ernie Wittig. He and wife, Florence, have returned to their Galveston home after making their annual pilgrimage to Maine and New Hampshire to enjoy both the changing leaves and the lobster dinners. Ernie reports they were not disappointed with either.

Condolences

Warren K. Smith passed away on Oct. 31st. He retired from Galveston District in 1984 with 28 years service. He had worked in what was then called Administrative Services for Ron Geasland. He was working in Contracting Division when he retired.



Murl Feemster passed away on Nov.13th. Murl worked at SWG when IMO was ADP. He eventually moved on to SWD to be the COMIS expert in our division. He retired from SWD several years ago.



Lessons from a Flock of Geese

To accomplish our big goals we need each other. One way this can be demonstrated is by studying a flock of geese. Geese travel thousands of miles each fall from their nesting grounds in northern Canada to their wintering homes in the southern US and beyond and return again each spring. They do not, nor could they, do this alone, they do it as a flock, a team. Ask your self, are you a lone goose or are you going to support rest of the flock.

Fact #1 As each bird flaps it's wing it creates and uplift for the bird following. Flying in a "V" formation the whole flock adds 71% greater flying range than if the bird flew alone.

Lesson #1 People who share a common direction and sense of community can get where they're going quicker and easier because they are traveling on the thrust of one another.

Fact #2 Whenever a goose falls out of a formation, it suddenly feels the drag and resistance of trying to fly alone and quickly gets back in formation.

Lesson #2 If we have as much sense as a goose we will stay in formation with those who are headed where we want to go and will be willing to accept their help as well as give ours to others.

Fact #3 When the lead goose gets tired it rotates back into formation and another goose flies at the point position.

Lesson #3 It pays to take turns doing the hard tasks and sharing the leadership. With people as with geese we are interdependent on each other.

Fact #4 The geese in formation honk from behind to encourage those in front to keep up their speed.

Lesson #4 We need to make sure our honking from behind is encouraging.

Fact #5 When a goose gets sick or wounded or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly or dies. Then they launch out on their own with another formation or catch up to the flock.

Lesson #5 If we have as much sense as a goose we too will stand by each other in difficult times as well as when we are strong.

Let's hear it for...Dan Keys

Daniel Keys III, Esq. (Southern University Law '87) was recently awarded the Joseph W. Kimble Award at the United States Military Academy by Robert M. Andersen, Chief Counsel of the U.S. Army Corps of Engineers.

The Kimbel award is the Chief Counsel's honorary award presented to the Corps of Engineers attorney who has demonstrated the highest potential for future legal achievement.

The award is named for Judge Joseph W. Kimble who served as Special Counsel to the Chief of Engineers from 1946-56 and was instrumental in the execution of the Corps complex civil works programs in post WWII.

Mr. Keys is a member of the Louisiana Bar.

Corps Christmas Party



WHO: District employees and retirees

DATE: December 14, 2001

TIME: 12:00 p.m. - 4:00 p.m.

LOCATION: Garten Verine with Benno's catering

PRICE: \$15.00 per person

Tossed Mixed Green Salad with Julienne Vegetables
 Ranch - Bleu Cheese - Creamy Italian Dressings
 Sliced Breast of Turkey
 Cornbread Dressing with Gravy
 Sliced Honey Glazed Ham
 Seasoned Green Bean Candied Sweet Potatos
 Rolls with Butter
 Apple and Pecan Pie
 Iced Tea Regular and De-Caf Coffee

Kids Christmas Party



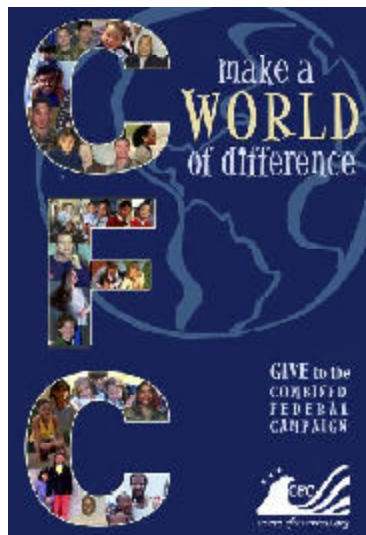
WHO: Corps kids

DATE: December 8, 2001

TIME: 9:00 a.m. - Noon.



Congrats Team Galveston on lending a hand!



Congratulations to the Galveston District on contributing to the combined federal campaign! We have far exceeded the goal again this year!! Bob Heinly, Planning, received a total of \$23,028.68 in contributions. That is 128% of our \$18,000 goal.

Col. Waterworth thanks each and every person that gave. "You found it in your hearts and wallets to reach out and help those that need you. I am thankful for being part of such a great team."

Upcoming Events

December 5

PRB

8:30 a.m. - Noon

Salute to WWII Vets

11:30 a.m. - 1:00 p.m.

December 10

CO2 Training

1:00 p.m. - 3:00 p.m.

December 11

Media Day

December 12

PHA - EIS Public Hearing

7:00 p.m. - 9:00 p.m.

December 14

District Christmas Party

December 25

Christmas Day